

Exterior of Card

1-866-638-7103 (toll free) 1-800-221-2832 (TTY)

24 HOUR Addiction and Mental Health CRISIS LINE



VISION

A safe, healthy, prosperous community

MISSION

To reduce substance abuse by empowering youth and young adults to make safe, healthy, and legal choices through community education, collaboration and policy.

www.sharedfuturecoalition.org

Looking for support as you consider getting help for yourself or someone you care about? Speak with a trusted friend, adult parent, grandparent, pastor, teacher, or school counselor.

GETTING HELP

Interior of Card

HIGH RISK DRINKING DEFINED

Underage Drinking
Any use of alcohol by youth under age 21

Binge Drinking
5+ drinks in 2 hours for males;
4+ drinks in 2 hours for females

Heavy Drinking
Exceeds 2 drinks per day for males;
exceeds 1 drink per day for females

RESOURCES

Treatment Resources:

Bend Treatment Center
(541) 617-4544

BestCare Treatment Services
(541) 617-7365

Deschutes County Access Team
(541) 322-7500

New Priorities
(541) 923-2654

Pfeifer & Associates
(541) 383-4293

Rimrock Trails
(541) 447-2631

Serenity Lane
(541) 383-0844

Teen Challenge
(541) 678-5272

Problem Gambling:

Oregon Problem Gambling Helpline
1 (877) 695-4648

Tobacco Cessation:

Oregon Tobacco Quit Line
1 (800) 784-8669
St. Charles Health System
(541) 706-6390

Recovery and Support Resources:

Al-Anon/Alateen
(541) 728-3707

Alcoholics Anonymous
(541) 548-0440

Celebrate Recovery
(541) 749-3040

Narcotics Anonymous
(541) 416-2146

Rev. 1.3.17

Tri-fold cards (currently available for free – Jan. 2017) come in packs of 100. Contact Julie Spackman at 541-388-6619 or julie.spackman@deschutes.org to order /pick-up cards. Cards are updated and reprinted approximately every 6 months. Cost may vary depending on grant funding. The Shared Future Coalition is a project of Deschutes County Health Services. For more information go to: www.sharedfuturecoalition.org